

**SMOKING CESSATION DEVICE**

**ABSTRACT OF THE DISCLOSURE**

[0066] A portable device, such as a pager-type device or card module, generates and guides a user through a customized smoking cessation plan. The device calculates intervals between smoking events (when the user is allowed to smoke) based on user input information and the day in the plan. The intervals increase as the plan progresses. The device alerts the user when a smoking event occurs. The user may place the device in a silent mode during periods when smoking would be inconvenient.